

Celebrity Buzz

Pair had violent past:
Docs

pg 22



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Co-workers save man trapped in trench

RESCUE Frantic workers may have saved the life of a colleague by digging him out of a collapsed trench yesterday.

Rescue crews are still uncertain how a worker became buried up to his chest by dirt in a three-metre-deep trench at a Wal-Mart at 310 Shawville Blvd. SE, but the efforts of his co-workers to free him may have saved his life, said fire spokesman Jeff Budai.

Upon their arrival, fire crews helped free the man from the trench. He was complaining of chest pains and was transported to hospital.

Occupational Health and Safety is investigating.

METRO CALGARY

Relating pg 6



The allure of older men

Food pg 14



Make grilled cheese to go

ShareYourViews

calgaryletters@metronews.ca

Calgary Zoo Bronx Four in the spotlight



ROBIN KUNISKO/GETTY IMAGES

One of the Bronx Four western lowland gorillas from the Bronx Zoo makes itself at home during a public debut at the Calgary Zoo yesterday. Kioja, Dossi, Zola and Shana had been in quarantine for 90 days.

Record deficit

Provincial shortfall \$2.2B higher than initial forecast

ANDREAS MORSE
for Metro Canada



With a larger-than-forecast deficit, the province has decided it's time to trim some fat.

The record \$6.9-billion deficit shown in the 2009-10 first-quarter fiscal update is \$2.2 billion higher than what was forecasted in the 2009 budget and is attributed mostly to weaker-than-forecast natural gas prices, a higher Canadian dollar and other declining revenue.

"We have charged each department to look internally at those kinds of things that can help with that adjustment," said Finance Minister Iris Evans.

The government has instituted a hiring freeze and is cutting discretionary and low-priority spending, but will hold off on giving specific details of each depart-

"We expect a stronger recovery next year."

Iris Evans,
finance minister

ment's cost savings until the second-quarter update.

Evans said the government would rely heavily on the \$17-billion Sustainability Fund to offset the deficit.

"We expect a stronger recovery next year," Evans added.

Scott Hennig, Alberta director of the Canadian Taxpayers Federation, isn't so sure the emergency fund will last.

"You have \$17 billion, minus \$7 billion for the deficit, (and) they've already spent \$5 billion of it, (so) there's only \$5 billion left for the two fiscal years after this. That is a razor-thin margin."

Delay sought in implementation of Bill 44

AMY GREGSON
for Metro Calgary



EDUCATION With the controversial Bill 44 to be proclaimed in October, Education Minister Dave Hancock has put in a request to delay full implementation for one

calendar year.

Bill 44 will allow parents to pull their children out of classes when lessons on sex, religion or sexual orientation are taught.

Kathy Telfer, Alberta Education spokeswoman, said the requested delay involves how parents are noti-

fied and discussions around human sexuality and religion.

"There is not a consistent approach to dealing with them," she said.

A common standard and approach is needed throughout the province, a task all parties involved

simply can't achieve before October, Telfer added.

Carol Henderson, president of the Alberta Teachers' Association, said her group feels Bill 44 is unnecessary and would rather see it not proclaimed at all. But since it has already passed, the association welcomes

the delay.

Henderson said the new rule is redundant, as teachers already warn parents if sensitive issues are contained in their lesson plans.

She added the delay will give school boards time to work out how implementation will be structured.



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Mega mall sees 250,000 visitors in five days

The new mega mall CrossIron Mills just north of Calgary has seen 250,000 shoppers in its first five days, from Aug. 19 to 23. Traffic has been an issue and will continue to be managed until the new access points are completed. **METRO CALGARY**

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Local



Calgary trying to set juggling record

The City of Calgary is trying to break the world record for the largest number of jugglers in one place at the same time. Anyone can participate no matter the skill level. Participants must bring their own safe item to juggle. The event starts at 1 p.m. at Olympic Plaza and the world record attempt goes from 2 to 3 p.m.

METRO CALGARY



Alberta Health looks to cut \$1.3B deficit

FUNDING It will take Alberta Health Services three to four years to slay its \$1.3-billion deficit without impacting services, the province's health boss said yesterday.

AHS president and CEO Dr. Stephen Duckett outlined the second phase of the organization's cost-cutting strategy, which will include offering a voluntary early retirement program for staff to ease the funding crunch.

Despite the move to cut staff and other areas, Duckett pledged there will be no reduction in services for users.

SHAWN LOGAN/
FOR METRO CALGARY



Bill Bruce, director of the City of Calgary Animal and Bylaw Services, stands in a new operating room at the grand opening of the Animal Services Centre Clinic, which will play a key role in helping to reduce the number of stray and unwanted pets in Calgary.

Curbing city's frisky critters

SHAWN LOGAN/
for Metro Calgary

Carousing critters will see their cruising days come to an end as the city's animal shelter yesterday opened a new veterinary clinic.

The 2,500-square-foot addition to the city's Animal and Bylaw Services facility will perform spay and neuter operations as well as other minor surgeries to help reduce the number of unwanted pets in Calgary.

Animal services boss Bill Bruce said the clinic, which saw its \$1.8-million price tag primarily funded through cat licensing, will help drop the euthanization rate at the shelter and

ensure strays are in good health.

"Nothing leaves here as an adopted animal without being spayed or neutered," he said.

"This will allow us to provide services faster without having to work with a private clinic."

Bruce said by the end of this year or early 2010, the clinic will be used to provide free spaying and neutering on dogs and cats for low-income Calgarians.

Since the city required mandatory cat licensing, the euthanization rate has narrowed from 37 per cent in 2006 to only 18 per cent last year, with more than half now returned to their owners.

News in brief

FIRE The Calgary Fire Department believes arson caused three fires in the 200 block of 21 Avenue NW yesterday morning. The estimated dam-

age to a home and two tractors is approximately \$240,000.

HEARING The fate of alleged gangster Jackie Tran may be determined today at a special

hearing set by Canadian Border Services. The hearing will determine whether he will remain in custody until he's deported.

METRO CALGARY

Dazed And Confused

Most Drivers Lost When Looking For The Lowest Car Insurance Rates

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WHAT'S ONLINE TODAY

Blogs The 100-Day Raw Food Challenge kicks off the morning with a power smoothie recipe and Backbeat checks in with has-been heavy hitters



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Claude Robinson, a Montreal cartoonist who spent more than a decade fighting a major production company over plagiarism has finally won his battle in court, CBC News Online reports. **METRO NEWS SERVICES**

Canada



Body image affects preteens: Study

A new Canadian-based study found body-image concerns are now commonplace among children as young as 10 and 11. That teens and young adults feel social and peer pressures to have movie-star bodies is well documented. But the study of some 4,200 Nova Scotia kids shows that children as young as 10 and 11 are getting in on the weight-watching act, with many saying their happiness can hinge on having Hollywood bodies such as Jennifer Lopez, left. **TORSTAR NEWS SERVICE**

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Woman left stranded still waits for answers

Government vows to make investigation public

Suaad Haji Mohamud's search for answers about the three months she spent stranded in Kenya was met by stony silence from top government officials responsible for her ordeal.

Instead of explanations from the persecutors who ruled her Canadian passport a fraud, the clearly nervous and frequently emotional Somali-Canadian yesterday received only the promise that a probe into her mistreatment will be made public and a vow to "get to the bottom of this" from a government she has few reasons to trust.

"I thought my government would back me up. But when I was alone my government let me down."

Suaad Haji Mohamud

"I thought my government would back me up. But when I was alone my government let me down," she told a committee of MPs meeting to discuss her case and those of other Canadians who've been let down by Ottawa when they were in trouble abroad.

Mohamud was detained and her passport was seized when she attempted to board a flight from

Nairobi to Toronto May 21. Officials had accused Mohamud of being an imposter because her lips didn't match that of her four-year-old passport photo.

After a stint in jail and further failed attempts to prove her identity, a DNA test, which matched her DNA against that of her 12-year-old son, ultimately secured her passage back to Canada.

TORSTAR NEWS SERVICE

News in brief

LISTERIA There will be no public inquiry into the deaths of 22 Canadians from tainted deli meats last summer after the federal government decided yesterday a sweeping but secretive six-month probe into the crisis was enough. Conservative MPs at an emergency meeting of the Commons agriculture committee voted six to five in favour of a motion yesterday that said there was no need to rehash the deadly nationwide outbreak of listeriosis in public proceedings.

TORSTAR NEWS SERVICE

FACEBOOK A Canadian regulator may outline new proposals on protecting the privacy of Facebook users Thursday after the watchdog last month found deficiencies in the website's current practices. The regulator's report found that information provided by Facebook about its privacy practices is often confusing or incomplete.

REUTERS



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Nine reported dead in ferry sinking

A small Indonesian ferry sank off the resort island of Bali yesterday, killing nine people while three others remain missing, the official news agency Antara reported. **REUTERS**

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World

A wrap for Camelot?

Ted Kennedy's death puts family dynasty in doubt

U.S. Senator Edward Kennedy's death marks the twilight of one of America's most famed political families, with no heirs to the Kennedy name poised to emerge with the same mix of gravitas, ambition and celebrity.



Kennedy

Kennedy, 77, one of the most effective lawmakers in U.S. history and the brother of assassinated President John F. Kennedy, died late Tuesday after battling brain cancer.

"There doesn't seem to be someone in the next generation to carry the load here. Ted Kennedy might be it, he

might be the end of the line," said Whalen.

Many younger Kennedys are active in civic life but none on the scale of Ted Kennedy, last of four Kennedy brothers, including John, elected president in 1960 and assassinated in 1963; and Robert, a New York senator whose presidential bid ended with his assassina-

tion in 1968.

Kennedy torch-bearers include his son, 42-year-old Patrick Kennedy, a Democratic congressman from Rhode Island. His brushes with controversy could complicate a run for higher office though — most recently in 2006 when he sought help for dependency on prescription drugs.

Still, when Ted Kennedy

Obama's reaction

U.S. President Barack Obama said regarding the passing of Kennedy: "For five decades, virtually every major piece of legislation to advance the civil rights, health and economic well-being of the American people bore his name and resulted from his efforts."

was his son's age in 1974, his own political future looked nearly just as uncertain.

Five years earlier, Mary Jo Kopechne, a young aide, drowned when Kennedy's car plunged off a bridge on a resort island after a night of partying. Moral character questions and whispers of alcoholism dogged Kennedy at the time.

REUTERS

Donor drive aims to end prisoner organ trade

ORGAN TRANSPLANTS China launched its first national organ-donation system in a bid to crack down on organ trafficking and create a source for transplants other than executed prisoners, who currently make up the majority of donors.

Executed criminals account for 65 per cent of organ donors, the China Daily said yesterday, in an unusual admission of the prevalence of the practice.

"(Executed prisoners) are definitely not a proper source for organ trans-

plants," Vice Health Minister Huang Jiefu told the paper.

Nearly 1.5 million people in China need organ transplants, but every year only 10,000 people can get one, according to the Health Ministry.

REUTERS

News in brief

AFGHANISTAN Partial results from last week's election put Afghan President Hamid Karzai ahead of rival Abdullah Abdullah, but not by enough to avoid a run-off in October, figures released yesterday showed. With 17 per cent of votes tallied, Karzai held a lead of 43 per cent to 34 per cent over former foreign minister Abdullah. To avoid a run-off, a candidate must secure more than 50 per cent of the vote.

KOREA The rival Koreas neared a deal to resume reunions of families separated by the Korean War at a rare meeting yesterday that follows conciliatory moves made by the North after it was hit by sanctions, reports said. The inter-Korean meeting held by Red Cross Societies is the first on humanitarian issues in two years and comes after Pyongyang cut ties with Seoul in anger at the hardline policies of its president. The North suspended the reunions, which were last held about two years ago.

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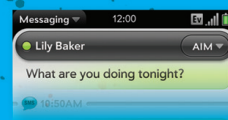
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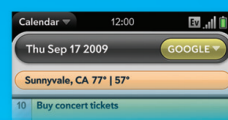
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Comment

Silver foxiness is a powerful force

Relating

Sofi Papamarko

metronews.ca/papamarko

There's something painfully alluring about older men. In my teens and early 20s, I was far less likely to make moony eyes at my spotty-faced peers than at the supply teachers

and rakish professors at the chalkboard. They were taller. Better dressed. Widely travelled. And, best of all, they KNEW stuff! Older men waxing rhapsodic on James Joyce were far more attractive to me than boys who performed keg stands, wore backwards baseball caps and smelled a bit like wet dog.

Call me crazy. Silver foxiness is a powerful force that cannot be denied. Catherine Zeta-Jones, Calista Flockhart, Penny Lancaster and Katie Holmes have all settled down with

men at least 15 years their senior.

There are certain biological advantages to the pairing of younger women to older men. Males have a much longer reproductive shelf life; for women, menopause marks the end of the line for the baby train, while men can ably reproduce into old age. Tony Randall conceived two children well into his 70s and the oldest father on record, Nanu Ram Jogi, sired a daughter at age 90. (High-five, buddy.)

Physical prowess has be-

come less important than physical wealth when it comes to a man's ranking in society. Older men often have the money, power, experience and wisdom their youthful counterparts lack, giving them the means to immediately and comfortably provide for a family. Selecting such a mate would be advantageous for a woman in her childbearing years.

A recent study by the Max Planck Institute in Germany found that marrying a younger woman may be the

key to living a longer life. According to the study, men who married women 15 to 17 years their junior were less likely to die prematurely. Even those who married women a mere seven to nine years younger were 11 per cent less likely to expire early. One possible reason for this phenomenon is that younger women select healthier, better-maintained older men as mates.

"Another theory is that a younger woman will care for a man better and therefore he will live longer," said

institute spokesman Sven Drefahl. Or maybe waking up next to a sweet young thing every morning gives the older gent a little extra get-up-and-go.

In a strange and almost vampiric twist, the same study indicated that women who marry older men actually increased their likelihood of an early death. Perhaps caring for a silver fox can get a little, umm, old.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Women biggest losers in Afghan elections

GlobalView

Mona Eltahawy

metronews.ca/globalview

Reports the Taliban sliced off the index fingers of two Afghan women who dared to vote in their elections last week were a reminder, if we needed any, who the polls' biggest losers were. Afghan President Hamid Karzai and his main rival, Abdullah Abdullah, seem to be neck-and-neck in results.

But poor security, ram-

nant fraud and too few female election staff kept many women from voting stations, leaving us wondering what chance women stood in getting their voices heard.

Going into the Aug. 20 polls, things didn't look so bad on paper. There were nearly 350 women registered as provincial council candidates — about 10 per cent of the total. Afghanistan's constitution reserves one-quarter of provincial council seats for women to guarantee them a role in political life.

But the Taliban's brutality is just one of the many rocks and hard places that surround Afghan women.

Karzai, the celebrated "moderate" on the scene, showed how spectacularly easy it was to sell out women for votes when he ratified a controversial family law to win the votes of fundamentalists. He promised to reword it after an international outcry but, in fact, made it worse.

The legislation, meant to govern family law for minority Shiite Muslims, who make up about 15 per cent of Afghanistan's 30 million people, gives a man the right to withdraw basic maintenance from his wife if she refuses to obey his sexual demands, according to Human Rights Watch.

It's a painful blow for women's rights because Afghan Shiites are generally more liberal than many of their Sunni compatriots.

Fighting between NATO troops and the Taliban insurgency takes a huge toll on Afghan civilians and makes it almost impossible for women's groups to do the simplest of their work, let alone take on those myriad rocks and hard places.

So exactly for whose benefit were the elections? Clearly, not women's.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.



MICHAEL DE ADAIR

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CRTC fines telemarketers for violating do-not-call list

The Canadian Radio-television and Telecommunications Commission yesterday fined three telemarketers for violating its do-not-call list, CBC News Online reports. **METRO NEWS SERVICES**

7

Business

EDITOR: FERMIN.DESOUZA@METRONWS.CA

Cell firm's photo grab causes uproar

Copyright laws get muddled on the Net

Professional photographers are routinely paid thousands of dollars by big companies to take pictures that will help sell products — but some amateur shut-bugs are unwittingly doing the work for free.

Alan McDermott never imagined that a photo he took last year of a striking piece of Dublin graffiti would end up in a Canadian cellphone company's promotional material without his permission.

"Virgin is a multibillion-dollar company," McDermott said in an interview, adding he never gave anyone permission to use his

"It's not an accidental mistake, it's outright theft."

Alan McDermott

image. "They should know better. It's not an accidental mistake, it's outright theft."

The Canadian arm of the cheeky mobile company was originally conceived as a joint venture between Sir Richard Branson's sprawling Virgin Group and Bell Canada Inc., but is now wholly owned by Bell. "The image was taken from Flickr," said Chris Baines, a spokesman for Virgin in

Canada. "We do apologize and will be in touch with (the photographer)."

Baines said the picture was used only in a "small quantity of booklets produced to go to the media to explain our campaign" and there are no plans to include it in the company's advertising.

Such incidents are becoming increasingly common as people turn to the web to self-publish their work and share personal information. Courts are struggling to adapt copyright and licensing laws that were not conceived with the Internet in mind. **TORSTAR NEWS SERVICE**

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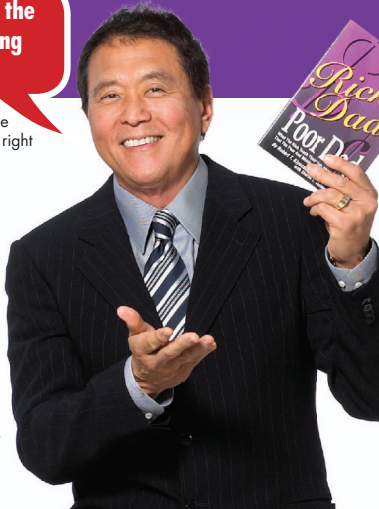
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New York Islanders veteran centre Mike Sillinger announced his retirement from the National Hockey League yesterday. The 38-year-old played three of his 17 seasons for the Islanders, one of 12 teams he skated with during his career. **METRO NEWS SERVICES**

Sports



Red vs. White tonight

After three days of intense workouts at the National Men's Team orientation camp, the Pengrowth Saddledome will play host to a Red-White scrimmage game tonight. Team Red will feature Calgary Flames captain Jarome Iginla and defenceman Jay Bouwmeester, while blueliners Robyn Regehr and Dion Phaneuf. For more on the camp, check out Laurence Heinen's Speaking Sports blog at metronews.ca/blogs

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NHL bid lowest of final 3

League's offer includes provision to move team out of Phoenix

The NHL has long argued hockey can thrive in Arizona and gone to extreme lengths to block Jim Balsillie from relocating the Phoenix Coyotes to Hamilton, but its own bid for the team contains a provision to move the bankrupt club.

The NHL said it will conduct "an organized bid process to relocate the franchise in another territory" if a buyer wishing to keep the team in Phoenix can't be found, according to the bid made public yesterday.

The NHL's offer for the financially bleeding franchise is worth up to \$140 million (all figures U.S.), but the league plans only to manage the team until it can be sold to an accept-

Bid details

PSE Sports

- \$212.5M
- Bid contingent on being able to move team to Hamilton.
- Has 32-year lease option with Cops Coliseum; wants team there this year.
- Head Jim Balsillie rejected as owner by NHL and yet to be approved as bidder in bankruptcy court.

Ice Edge Holdings

- \$150M
- Would keep team in Arizona with commitment to grow hockey in southwest U.S.
- Not seeking subsidies, but partnership with Glendale are-

na where Coyotes play.

- Still hope to play five Coyotes "home" games at Saskatoon to subsidize team in Phoenix.

NHL

- \$140M
- Wants to salvage 2009-10 season in Phoenix, but will eventually sell to third party.
- Willing to eventually relocate team if suitable local buyer cannot be found.
- Would satisfy indebtedness to major creditor, SOF Investments, a value of \$80 million but no money for previous owner Jerry Moyes.

able third party.

"By acquiring the team at this time," the league

stated in its bid, "the NHL will be able to salvage the team's 2009-10 season and

can establish a more constructive timetable in which to solicit offers from qualified parties."

The NHL, Balsillie's PSE Sports and Ice Edge Holdings, composed of Canadian and American investors, are the three groups contending for the team.

Balsillie has offered \$212.5 million, contingent on immediately moving the club to Hamilton.

The Ice Edge bid, for up to \$150 million, would keep the team in Phoenix long term but the group would like to play five "home" games in Saskatoon each year to increase cash flow.

A bankruptcy auction will be held Sept. 10.

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Jays win on walk-off wild pitch

MLB RESULT

Tamp Bay 2 Toronto 3



Marco Scutaro scored on a wild pitch in a two-run ninth, as the Toronto Blue Jays captured a 3-2 win over Tampa Bay in a game that featured three home plate umpires.

Tampa Bay's J.P. Howell (6-4) notched the final out of

the eighth and stayed on in the ninth to close out the game. After getting the first out of the ninth, though, Rod Barajas launched a home run over the wall in left to tie the game.

Howell then walked three of the next four hitters,

loading the bases with two outs. With a 1-2 count on Randy Ruiz, Howell bounced a wild pitch off catcher Gregg Zaun's shin-guards and into the air, allowing Scutaro to race home and score the winning run.

Crew chief Jerry Crawford, who was originally the home plate umpire, was hit by a foul ball in his face mask and had to leave after the second inning. Tom Hallion, who started the night at second base, relieved him, but was hit full force

by a Kazmir fastball in the chest in the sixth, forcing him to the ground for several minutes before he walked off the field.

After a 21-minute delay to tend to his injury, he came back out as the third base umpire. **METRO NEWS SERVICES**



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Sports in brief

NFL The New York Jets have named rookie Mark Sanchez as their starting quarterback for the season opener Sept. 13 against the Houston Texans. The decision to go with Sanchez over fourth-year pro Kellen Clemens was made yesterday morning by first-year head coach Rex Ryan, who later held a news conference to announce the move.

NFL Running back Edgerrin James officially signed a one-year deal with the Seattle Seahawks on Tuesday. The 31-year-old James rushed for just 514 yards and three touchdowns on 133 carries while adding 12 receptions for 85 yards in a reduced role last season for the NFC champion Cardinals.

NFL Chicago Bears defensive tackle Dusty Dvoracek is scheduled to undergo arthroscopic surgery tomorrow on his right knee. The procedure will determine the severity of the injury Dvoracek suffered in Saturday's game against the Giants. He was originally diagnosed with a sprained MCL, but it has been speculated that he could have a torn ACL, as well.

NHL The Ottawa Senators have named Pierre Dorion director of player personnel and Randy Lee director of hockey administration and player development.

SOCCER Arsenal eased into the group stages of the Champions League yesterday by outclassing Celtic 3-1 to enter today's draw where they will be joined by Fiorentina, VfB Stuttgart, Olympiakos and APOEL Nicosia. Celtic will have to content themselves with a place in the Europa League.

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EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Sylvia Putz

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What makes a star student?

Well, among other things, it sure helps to have a great homework space. But what is a great homework space? There's an ongoing discussion around my house as to what that should be.

There's décor, says my daughter and her friends, but that's secondary to functionality. And that's quite a statement from a group of kids who seems to value style over substance.

The major consensus is that students need a large empty space upon which to spread out their papers and books. Forget that wee-n little computer desk. Studying means that you need to open textbooks, spread out your notes, scrawl notes and sketches, or talk into a tape recorder, or put together models to help you remember what was taught.

A computer, although handy for research assignments, is not necessary for the majority of textbook-based homework or studying, they admit.

Another important thing they identified about a great study space was the importance of getting rid of distractions. My daughter's friend will admit to a cluttered bedroom, but he has a desk he sweeps clean

of debris and other things when he does homework. And it works for him.

My daughter's room, on the other hand, does distract. Homework cannot compete well with magazines, books, nail polish and other bits and pieces currently piled on her desk. A laptop smuggled up to her room (it usually lives in the kitchen office) is definitely not good because she seems to be physically addicted to Facebook, and finds its allure almost irresistible (certainly much more interesting than homework). It takes a deadline to get her detached from her accoutrements. (Hmmm, sounds familiar.)

What would work for her is to clear her desk completely, and put her distracting items into

drawers, preferably not anywhere near her homework zone. For her (and many others, I suspect), the computer usage zone and homework space needs to be physically separated.

And speaking of distraction, if a television is on in the same room or anywhere close, you can bet its eye-glazing siren call is turning any young minds in the vicinity into jelly.

It is also helpful to have a space dedicated to homework alone.

For younger children, actually attaching physical borders (mouldings or even glued-down yardsticks) to designate the study zone can be effective.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show *Arresting Design*; sputz@arrestingdesign.com.

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When an English industrial designer in the late 19th century began making pieces inspired by his journey to Japan, he ignited a decor craze across Europe.

These days, the trend goes beyond simply displaying a painted paper screen or a lacquered jewelry box. As the popularity of low-impact living rises, so has the demand for Japanese-influenced interiors.

"I think that now more than

Koi are symbols of courage and good fortune — both of which are some-times needed when tast-ing a new recipe. Koi in a Fountain dessert plates, \$14 each, Anthropologie, anthropologie.com.

ever people are view-ing their homes as places of serenity and tranquility," says Eric Kirsten, who works in corporate marketing for Teknion Furniture Systems.

"Japanese interiors are minimalist and free of clutter."

The simplicity of Japanese interior design, with its neutral colour palette, low functional furnishings, and use of natu-

Bursts of colour help sweeten a colour scheme that is traditionally grounded in black and white. Envelope silk pillow cover, \$19 each, inserts, \$14 each, West Elm, westelm.com.

ral light and materials, such as bamboo, dark woods and silk, creates the perfect framework for a peaceful living space.

Glass balls like the one at the base of this lamp were used to keep traditional Japanese fishermen's nets afloat. Japanese Float Lamp, base, \$240, shade, \$60. Pottery Barn, potterybarn.com.



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the **Bay**

According to a recent survey commissioned by Healthy Choice Gourmet Steamers, 35 per cent of Canadians take between 16 and 30 minutes for a lunch break. Eighteen per cent of Canadians don't take a lunch break at all. **NEWS CANADA**

Food

At the Grilled Cheese Invitational cook-off (held annually in Los Angeles), contestants attempt to cook the best grilled cheese sandwich in various categories.



METRO NEWS SERVICES

Spazzy cheese

Grilled cheese sandwiches are judged on presentation and taste, but also on the "Spaz" factor (based on weirdness.) Visit grilledcheeseinvitational.com

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Personal Gourmet recipe of the month

ROSE REISMAN

Goosey grilled cheese to go

Three-Cheese Grilled Sandwich with Tomatoes and Onions

Who would have thought that the classic grilled cheese sandwich would make such a comeback? Here's a twist on the traditional; I use it as a lunch, dinner or snack item and even cut the sandwich into quarters as an appetizer. Feel free to substitute cheeses of your choice.

SERVES 4

INGREDIENTS:

- 2 oz light aged cheddar cheese, thinly sliced
- 2 tbsp Parmesan cheese, freshly grated
- ¼ cup crumbled goat or feta cheese

- 4 slices wholegrain bread
- 4 slices plum tomato
- 4 slices sweet onion

METHOD:

Divide the cheddar, Parmesan and goat cheese between two slices of bread.

Top with the sliced tomatoes and onions. Cover with the remaining two slices of bread. Spray both sides of each sandwich with cooking oil.

Spray a non-stick skillet with cooking oil and place over medium heat. Cook the sandwiches for approximately 4 minutes per side, being careful not to burn them.

Cut each sandwich into



Three-Cheese Grilled Sandwich with Tomatoes and Onions

quarters and serve 2 per person.

Miniature Chocolate Mud Pies

This has to be my number one dessert! They are dense and send you into chocolate heaven. You will never believe they are

light. They can be made a couple of days in advance or frozen for up to two weeks.

SERVES 12

INGREDIENTS:

- 1 cup chocolate wafer crumbs
- 1 tbsp water
- 2 tsp vegetable oil
- 2 tbsp chocolate chips
- 2 tbsp hot water
- 1 tsp instant coffee
- 1 cup brown sugar
- ½ cup cocoa powder
- 2 tbsp all purpose flour
- 2 ½ oz light cream cheese
- 2 large eggs
- ¼ cup low fat sour cream
- 3 tbsp corn syrup
- 1 tsp vanilla

- Icing sugar (garnish)

METHOD:

Preheat oven to 350 F. Spray a 12 cup muffin tin with vegetable oil.

In small bowl combine wafer crumbs, water and oil until mixed. Divide and pat into bottom of muffin tins.

In small bowl combine chocolate chips, water and coffee. Microwave for 40 seconds or just until chocolate begins to melt. Stir until smooth.

In a bowl of food processor add sugar, cocoa, flour, cream cheese, eggs, sour cream, corn syrup and vanilla. Puree until smooth. Add chocolate mixture and puree until



Miniature Chocolate Mud Pies

smooth.

Divide among muffin cups and bake for 12-14 minutes or just until centre is still slightly loose. Cool and chill at least 2 hours before serving. Carefully remove from tin with knife.

Garnish with icing sugar.

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

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• Get away from your desk: Eat somewhere else for a change of scenery. • Don't eat your work: You can't pay attention to your stomach and the computer all at once. • Go for a walk: Rejuvenate and reenergize yourself for the afternoon. **NEWS CANADA**

Farmer John's Manic Organic world

It isn't easy being green. Antony John just makes it look that way.

"Life is about the tipping point between order and chaos," says the 49-year-old organic farmer. "We try to teach people that the farm is an ecosystem."

In Sebringville, Ont., the one-stoplight "hamlet with heart," you'll find the is home of to one of the

largest diverse organic farms in Canada. John calls it Soiled Reputation. He and his staff of 20 grow 50 types of organic heirloom vegetables and greens. They are sold to restaurants, stores and drive-in customers.

As we head for the fields, John hoists a birdwatching scope on a tripod over his shoulder. He stops to pluck and taste fava beans. He

praises the ladybugs that control the aphid population and squashes potato beetle larvae. He nibbles on

"good weeds" such as purslane and lamb's quarters. He zooms in on horned larks,



Antony John

red-winged blackbirds and sandpipers, and introduces his "portable lawn mower," a donkey braying with excitement at the sight of him.

In the back field, John has planted 15,000 leeks. "These are my pride and joy," he says, appropriately for a native Welshman. In Canada since 1970, John has a degree in wildlife biology but opted to live on the

land after falling in love with a local dairy farmer's daughter.

You may recognize John as the Food Network's Manic Organic, but he appears more laidback than manic. Don't be fooled. He is constantly walking the fields of his 80-acre "farm and sanctuary." He even knows which sandpiper had four babies.

John also has a keen sense of history. An 1844 ha'penny, a 6,000-year-old arrowhead and even the tibia of a woolly mammoth have been discovered in the area. He found an 1847 photograph of the original settler on his land. The land, John says, has sustained a lot of people and animals. "This is my universe," he says.

TORSTAR NEWS SERVICE

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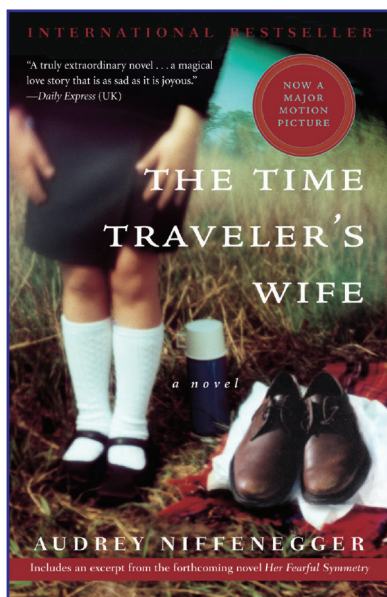
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Diet tips for preventing iron deficiency: • Eat one portion of lean meat or liver three to four times a week. • Whole grain products and legumes like lentils or white beans supply iron and other valuable minerals. **NEWS CANADA**

Ted Reader's beef roundup

The BBQ Kingpin himself, Ted Reader, explains different cuts of beef. For grilling tips, visit tedreader.com.

• **Tenderloin** is the tenderest cut of meat available. It comes from the short loin of beef; between the rib and the sirloin. The tenderloin may be cooked whole or cut into wonderfully

tender steaks. However, be careful not to overcook this cut. It doesn't have a lot of fat, so it tends to dry out and become tough the more it cooks.

• **Striploin** is one of the most popular cuts of beef. It comes from the top loin muscle in the short loin of beef. It is best grilled to medium-rare. This

steak is known by many names, the most popular being the New York strip steak and Kansas City steak.

• **Rib-Eye** is an extremely tender cut of beef, cut from between the rib and chuck section. It is best to grill this steak to medium-rare, which allows the internal fat to melt and

bring out the natural juices and flavor. A bone-in rib steak is often called a cowboy steak.

• **T-Bone** is named after the shape of its bone, a large T that separates the striploin from the small tenderloin. Cut from the center of the short loin, this is a large steak, often best shared.

• **Porterhouse** is cut from the large end of the short loin and also has the same T-shaped bone as the T-bone. It has a larger tenderloin portion and is truly a meal for two—it's sometimes called the king of steaks. It is often cut into 2-inch-thick portions weighing approximately 36 oz.

METRO NEWS SERVICES

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Well-travelled wines

When it comes to home-grown wine this century has been very, very good to Canada.

Ontario and British Columbia have made some major strides internationally; while upstarts like Nova Scotia have proven that with forward-thinking investment everything is possible (especially sparkling wine).

But not everything is sunshine and lollipops. The controversy over the term 'Cellared in Canada' (given to those wines made from a combination of fruit grown in and outside of Canada) has some in the industry fuming.

The concern is that they are often shelved at liquor stores along with wines not blended with foreign juice which could be confusing to consumers.

If you can see past the labelling issue some of these wines are well worth a try. **The Wild Horse Canyon 2007 Shiraz (\$11.95 - \$13.97)** combines liquid from B.C., Washington and California. Even with all that North American influence it tastes more like an Australian with a tightly sweet flow of earthy wild berries, plums and subtle spice.

The Painted Turtle Sauvignon Blanc (\$9.95 - \$11.99) isn't as regionally specific but offers a fresh, juicy mix of citrus and tropical fruits that would make a good match with light creamier sauces and fresh shellfish.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Perfect match

Isaac Mizrahi brings his design magic to Liz Claiborne

By LAURA DECARUFEL
Senior Editor

Isaac Mizrahi is what's known in sports as a difference-maker: You add him to the team and the game changes. His most recent design success has been at Liz Claiborne (1-800-565-6399, lizclaiborne.com), where he started as creative director in 2008. With his first collection — pretty patterned dresses and watermelon-hued cardigans for spring 2009 — he eliminated the brand's outlet-mall associations and repositioned it as a

fashion all-star.

"I was offered the best job in the world," says Mizrahi in his trademark conspiratorial rasp. "I remembered Liz Claiborne as this perfect, sterling thing from when I was growing up. Oh, I loved it. I loved her. Sure, the brand had gotten a little tarnished, but I didn't take the job to acknowledge that." Mizrahi likens the process of revitalizing Liz Claiborne to filming *Unzipped*, the 1995 documentary he made with then boyfriend Douglas Kieve about designing a collection. "You don't want to know how big the mountain is or you wouldn't try to climb it."

Judging by the fall collection, Mizrahi is now on top. "I was thinking about flap-



pers and lumberjacks," he says. "Did you see that velvet dress? I'm crazy about that dress. But the main thing I'm inspired by are the women who buy [the line]. That makes me think logically, which is fun, because with the rest of my projects, I don't necessarily think logically" — he lets out a hoot of laughter — "at all."

TWO-TONE BAUBLES

Silver and gold play nicely together this fall

Celebration rings, Tiffany & Co. (from \$2,250, tiffany.ca)



Vintage-inspired snake bracelets, Cathy B Jewelry (\$295 for a set of three, cathybjewelry.com)



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Entertainment



New Catwoman

Megan Fox is to play Catwoman in the next Batman film. She has reportedly signed on to appear in the sequel to *The Dark Knight* alongside Christian Bale and Michael Caine.

FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Monkeys make dark return

Arctic Monkeys

Album: *Humbug*
Label: Domino/Outside
Rating: ●●●●

IT'S A MUSIC cliché, but it's on third albums where bands reinvent them-

selves. Scrappy Brit-rockers the Arctic Monkeys have done just that, creating their meatiest and darkest album yet. Unlike their past records, which



MusicReviews

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saw the hyper-active four-some banging out indie pop hits, *Humbug* is a much sludgier, Sabbath-like affair. If some parts sound like they're ripped from the Queens of the Stone Age playbook (Portion Approaching for one) it's because that band's frontman, Josh Homme, produced the disc. For the most part that union worked — the Monkey's prove that they're not just for indie rockers anymore.

Bryan Borzykowski/for Metro Canada

Listen to this week's reviewed music at metronews.ca/music

Matisyahu

Album: *Light*
Label: Epic/Sony
Rating: ●●●●

OKAY, THE NOVELTY'S worn off. Yes, Matisyahu Miller is a convert to Orthodox Judaism. It was cute when his first CD came out... "hasidic hip hop," ho ho ho. He was also a Deadhead, a Phish follower and, more to the point, a gifted singer and lyricist with a passion for urban reggae. On *Light*, Matisyahu spreads his forelocks (sorry, couldn't resist) further with a celebratory CD sure to gain him mainstream acceptance. Dark-



Humbug is the third album from Brit-rockers the Arctic Monkeys.

ness Into *Light* — co-written with Good Charlotte's Benji and Joel Madden — is the track that will do it. But there's also *I Will Be Light* (yes, there's a theme here), *We Will Walk* and *So Hi So Lo*. Still, Matisyahu stays

close to his reggae roots with help from people like rhythm masters Sly Dunbar and Robbie Shakespeare and fellow songwriter Trevor Hall. A great record in so many ways.

Graham Rockingham/for Metro Canada

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entertainment 21

Laurie dreamt up guerrilla ad campaign for House

Snakes on a cane. Sound familiar? Perhaps, during commercial breaks on Fox, you've seen the flashes of a caduceus that uses a cane instead of a staff.

You might have seen the symbol drawn with chalk on New York streets. Or even clicked through to the phrase's cryptic Web site.

Fox is set to announce what many who have spied the symbol already suspect: It has been a summerlong guerrilla marketing promotion for Season 6 of *House* in the fall.

Yet few would guess that the idea came from *House* star Hugh Laurie. In the spring, the actor thought of the "snakes on a cane" phrase, sketched the symbol and mentioned it to Fox's marketing department, which ran with the idea as an innovative teaser campaign.

"Teaser campaigns are usually reserved for Year 1 shows," Joe Earley, Fox's executive vice president of marketing and communications, said. "Rarely would you do something like this for a show that's already established." *House* is set to



Hugh Laurie, star of Fox's *House*, came up with an idea for cryptic ads.

return Sept. 21 and likely will continue its reign as

the network's highest-rated drama.

Usually networks reserve their most creative marketing efforts for new shows, but Fox elected to buck tradition to promote its veteran hit.

But with competitors launching three new medical dramas this season, *House* could benefit from some extra attention.

The first part of the campaign spread the symbol without any context. The second phase added a clock counting down to the *House* premiere date and five-second "subliminal" ads during Fox programming.

REUTERS

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Jason Winer to direct Shining City

FILM Rising TV director Jason Winer is in negotiations to make his feature film debut on *Shining City*, the big-screen adaptation of the novel by Seth Greenland. The book centres on a recently unemployed suburban dad whose brother dies, leaving a dry-cleaning business. He discovers the business is a front for a prostitution ring, takes it over and starts yuppifying it.

Third XXX movie taps director Core

FILM Ericson Core has signed to direct XXX: The Return of Xander Cage, the third installment in the action franchise. Vin Diesel is reprising the role of the extreme sports athlete-turned-government operative, which he originated in the 2002 movie directed by Rob Cohen.

Singing Bee getting encore on CMT

TELEVISION Karaoke game show *The Singing Bee* pulled in 1.5 million viewers in its debut on CMT in June — making it the highest-rated series debut ever on the cable network — and now CMT has ordered 20 more episodes of the show.

REUTERS

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	627 528 46SPACE	Final Destination 2 ** (2003, Horror)	Ali Larter.	UFC 102: Countdown	MANswers	GameTrailers	Batman			
	- 47 AMC	(6) Halloween (1978)	Halloween 5: The Revenge of Michael Myers (1988, Horror)	UFC 102: Countdown	MANswers	GameTrailers	Batman			
	619 525 49 TROP	Office Temps	Traders "End Games"	UFC 102: Countdown	MANswers	GameTrailers	Batman			
	500 564 50 HGTV	Disaster DIY	Big Amazing	UFC 102: Countdown	MANswers	GameTrailers	Batman			
	601 391 52 CTV	CTV News Tonight	Market Call	UFC 102: Countdown	MANswers	GameTrailers	Batman			
	504 508 70 BNN	Taking Stock	Market Call	UFC 102: Countdown	MANswers	GameTrailers	Batman			
	526 507 92 VIVA	The Closer	Market Call	UFC 102: Countdown	MANswers	GameTrailers	Batman			
	269 350 93 APTN	Warriors: TKO	Wapos Bay	UFC 102: Countdown	MANswers	GameTrailers	Batman			

critics' corner

This Beat Goes On
"CanCon." For a Canadian musician, that's a word more beautiful than "payday." Actually, for a Canadian musician, they mean the same thing. This two-part documentary chronicles the rapid growth of the Canadian music industry in the 1970s, thanks to the Canadian Content rules requiring a certain amount of music played on radio to be home-grown. Artists from the period, from Gordon Lightfoot to BTO, are seen. 9 PM on CBRT



NFL Preseason Football
An intrastate rivalry gets revisited tonight at Raymond James Stadium in Tampa, Fla., where the Buccaneers host the Miami Dolphins. Chad Pennington and the Fish hope to build on a surprising 11-5 2008 season that saw them win the AFC East. As for the Bucs, 9-7 in '08, they're starting over after firing coach Jon Gruden and blowing up their roster, a response to a disheartening season-ending loss to the Oakland Raiders that caused them to miss the playoffs. 6 PM on KAYU



Embattled reality TV mom Kate Gosselin will be a guest host on ABC's *The View* on Sept. 14 and 15, people.com reports. She will be filling in for Elisabeth Hasselbeck, who is on maternity leave. **METRO NEWS SERVICES**

Gosselin's new TV gig

Celebrity Buzz

Pair had violent past, court docs show

ON RECORD Court documents reveal Rihanna and Chris Brown had two previous violent episodes before the Feb. 8 fight, which ultimately led to Brown's arrest and felony conviction, people.com is reporting.

Rihanna allegedly slapped her then-boyfriend Brown in a heated argument three months prior to the February incident, according to Brown's probation review released Tuesday.

In that fight, which occurred in Europe, documents say the couple "were involved in a verbal dispute and (she) slapped (him)." Brown "responded by shoving her into a wall."

A second fight occurred about three weeks prior to the Feb. 8 incident.

Brown and Rihanna "were visiting Barbados and were driving a Range Rover loaned to them," according to the documents. "They had an argument inside the car. (Brown) exited and broke the front driver and passenger side windows of the car. No one was injured during the incident."

The documents also reveal that in the Feb. 8 incident,

which began after Brown allegedly received a text message from a previous lover, that Rihanna "said she became 'enraged' and slammed both of her fists against the dashboard." Brown then pulled the Lamborghini over and tried to force her out, which escalated into a physical fight.

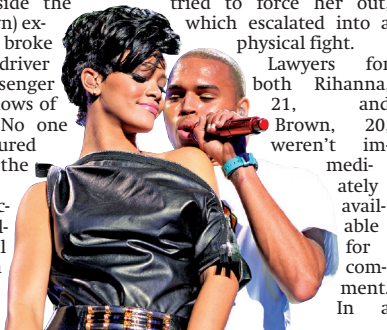
Lawyers for both Rihanna, 21, and Brown, 20, weren't immediately available for comment. In a

June 26 interview with his probation officer, Brown stated that since the Feb. 8 fight, he had been very "depressed." Brown stated he grew up watching his mother being physically abused and said he did not want to "carry on that cycle."

Brown repeatedly told the officer he regretted the incident, and said he initially wanted to plead guilty right away, but his attorney advised against it.

Brown was formally sentenced Tuesday to six months of community labour, five years probation, and was ordered not to contact Rihanna for the next five years, people.com reports.

METRO NEWS SERVICES



Justice will be served: La Toya

AVENGER? La Toya Jackson has called for "justice to be served" following her brother's death, femalefirst.co.uk reports.

Michael Jackson's sister is "relieved" court documents have revealed his death is being treated as a homicide, weeks after she publicly declared "shadowy members" of his entourage had murdered him.

She said in a statement: "I am thankful to the investi-

gators for uncovering the truth to the world. I look forward to the day that justice will be served to all the parties involved in my brother's homicide."

Although Jackson's statement was brief, fans will be able to hear her full views on Michael's passing next month. She is set to give her first interview since his death on June 25 to Barbara Walters on 20/20 on Sept. 11.

METRO NEWS SERVICES



LiLo to televise career relaunch?

DOCUMENTED Lindsay Lohan is sure of at least one thing about her attempt at a career comeback: It would make compelling television.

The actress is reportedly in talks with Britney Spears' manager, Larry Rudolph, to develop a reality show about Lohan's troubled life. "Rudolph is

helping Lohan with a potential reality show that will encapsulate her trials and tribulations as she gets back on her feet and actually becomes a working actress again," a source told Fox News.

METRO WORLD NEWS



Celebrity tweets

Paris Hilton reveals her Secret for success, **Miley Cyrus** keeps up on all the obscure holidays so you don't have to and **Russell Simmons** dishes out advice on improving your yoga technique.

• **@parishilton** What a long day! So tired, in bed reading The Secret, such an amazing book. This is my third time reading it. I really do believe in it. :)

• **@miley Cyrus** Happy National Dog Day! Woof Woof!

• **@UnderRUSH** A great yogi says in difficult poses u should practice "having joyful eyes". So Soften the face ... Smile and breathe!!

METRO NEWS SERVICES



Even film breakups are hard: Kristen

SO SENSITIVE Kristen Stewart doesn't take breakups lightly — even those on film, people.com reports. "Everything in our movie, it's such a heightened version of reality," the Twilight star, 19, told MTV News. "People don't just break up (in the films) — they break up and it literally kills you. It's not like you just say, 'Oh, I'm

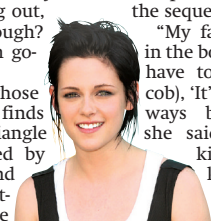
really depressed and crying.' I always had a really hard time figuring out, 'Am I doing enough? Do I look like I'm going to die?'"

Stewart — whose character Bella finds herself in a love triangle with Jacob (played by Taylor Lautner) and Edward (Robert Pattinson) — says she

struggled when she had to film a specific scene for the sequel New Moon.

"My favourite line in the book is when I have to say to (Jacob), 'It's him; it's always been him!'" she said. "Yeah, it killed me. It killed me."

METRO NEWS SERVICES



Winter wedding bells for Kevin?

PLANS UNDERWAY Kevin Jonas and his fiancée Danielle Deleasa will likely say "I do" this winter, his brother Nick revealed, us magazine.com reports.

"They have not set a date yet, but I think that it'll

be sometime around the end of the year, beginning of the year," he told ABC News Radio on Monday.

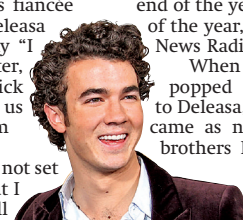
When Kevin, 21, popped the question to Deleasa, 22, in July, it came as no surprise to brothers Nick and Joe.

"Kevin and Danielle were on the

beach walking, and Joe was like, 'Oh, they're gonna get married,'" he said. "A couple years later, they were engaged and now we're here."

Nick said he doesn't know if he or Joe will serve as best man to Kevin: "He's working it all out, but we'll see what happens."

METRO NEWS SERVICES



Oksana and Mel's baby a girl

ON THE WAY Mel Gibson took Oksana Grigorieva, his pregnant girlfriend, out for a romantic lunch in L.A. recently, the Daily Mail reports, and a source said they couldn't be happier: "She's a very calming girl and will be a stabilizing influence on him." Grigorieva recently revealed that their child — Gibson's eighth — will be a girl.

METRO WORLD NEWS



No baby on board, Anna says

RUMOUR MILL Anna Paquin is not annoyed with false reports that she's having a baby. In fact, a very special part of her body is downright "flattered" by the suggestion, popeater.com reports.

The True Blood star joked to Extra: "My uterus is really flattered that everyone cares, but sorry, no occupants."

METRO NEWS SERVICES



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@Canadian Diabetes Association





Today
High-level clouds.
27°C / 8°C



Friday
Sunny.
28°C / 8°C



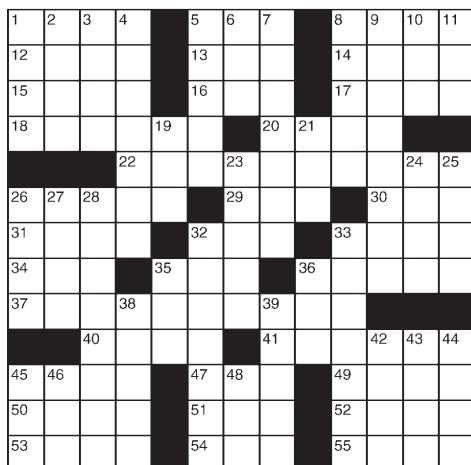
Saturday
High-level clouds.
27°C / 9°C



Andrew Schultz, Weather Specialist — Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.



- 1 Tobacco type
5 Possesses
8 Benedict XVI, e.g.
12 Places
13 Group of scenes
14 Acknowledge
15 Unoriginal one
16 Geese-in-flight formation
17 Rose or Townshend
18 Shrew
20 Go sightseeing
22 Accepts the truth
26 Make one
29 Speck
30 Feedbag morsel
31 Logical
32 Wrestling victory
33 Carvey or Delany
34 Citric drink
35 Pendulum site?
36 Brave
37 Office equipment
40 Chess piece
41 Gunman's missile
45 Connections
47 Egos' counterparts
49 Tiny bit
50 Drudgery
51 Poolroom stick
52 Wound cover
53 On the — (unfriendly)
54 Bart, to Homer
55 Throw

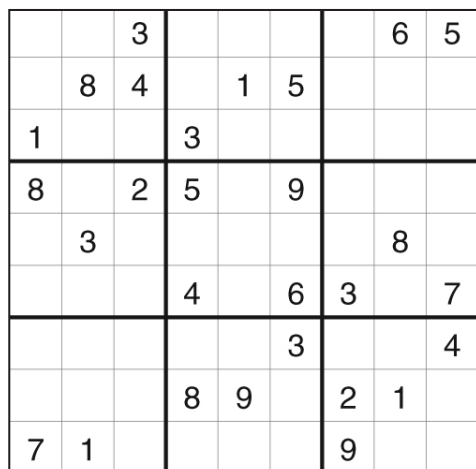
DOWN

- 1 Balkan native
2 Arizona tribe
3 Big name in desktop PCs
4 He can hold his head high
5 Destruction
6 Blackjack component
7 Cowboy hat
8 — New Guinea
9 Cold-weather

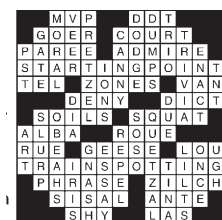
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



9	5	2	7	6	1	4	3	8
6	7	8	9	3	4	1	5	2
1	4	3	2	5	8	6	7	9
4	3	7	8	9	2	5	6	1
5	6	9	1	4	3	8	2	7
2	8	1	6	7	5	3	9	4
7	9	4	5	1	6	2	8	3
3	2	6	4	8	9	7	1	5
8	1	5	3	2	7	9	4	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Peaches & Poppy Seed Sour Cream Pancakes

Submitted by Loreene Jalbert, New Westminster, B.C.

INGREDIENTS:

- 2 tbsp (30ml) butter, melted
- 2 cups (500ml) all-purpose flour
- 1/4 cup (50ml) granulated sugar
- 2 tbsp (30ml) poppy seed
- 1 tbsp (15ml) baking powder
- 1/2 tsp (2ml) salt
- 2 eggs
- 1 1/2 cups (375ml) milk
- 1 cup (250ml) sour cream
- 1 tsp (5ml) vanilla

Butter for cooking pancakes

METHOD:

1. Peel peaches and slice into thin wedges.
2. In microwave, melt 2 tbsp butter in small bowl.
3. In large bowl, with fork, stir flour with sugar, poppy seed, baking powder and salt. Make a well in centre.
3. In medium bowl, whisk eggs with milk, sour cream, melted butter and vanilla. Pour into well in flour mixture and stir until evenly mixed (but do not beat mixture).
4. Melt 1 tsp butter in frying pan over medium heat. Pour batter, making silver-dollar size pancakes, or use 1/4 cup measure to

Weekly winners

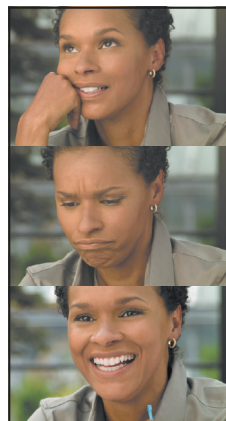
- Exclusive contest for Metro readers! Visit 20minutesupperclub.com/metro and be entered to win a \$50 President's Choice gift certificate to stock your cupboards with delicious PC products. For product information and store locations, visit PC.ca. A weekly winner will be drawn until the end of October.

pour batter. Top each pancake with 1-4 peach wedges, pushing peaches into batter. Cook until pancake surface is covered in bubbles and edges start to brown, 2-3 minutes. Turn pancakes over and cook 2-3 minutes until golden brown.

SERVES 4

PREP TIME: 15 MINUTES

COOK TIME: 15 MINUTES



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NINTENDO DS

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20



You may be tempted to tell someone what they want to hear, but you won't be doing them, or yourself, any favours.

LIBRA

SEPT 23-OCT 23



Whatever you lose today or tomorrow you will make up for over the coming weekend, so there is really no need to worry.

TAURUS

APRIL 21-MAY 21



The more a friend tries to match you up with someone you're not interested in the more you must say no.

SCORPIO

OCT 24-NOV 22



With Venus, planet of harmony, transiting the career area of your chart, you'll do better to empathize with colleagues.

GEMINI

MAY 22-JUNE 21



You can't decide about a money matter. But forget how much is in your bank account and just do what feels right.

SAGITTARIUS

NOV 23-DEC 21



Your options may be limited at the moment but soon conditions will change and you can start moving forwards again.

CANCER

JUNE 22-JULY 22



Try to stay calm today and, if at all possible, stay out of the way of people who rub you up the wrong way.

CAPRICORN

DEC 22-JAN 20



Someone's trying to get you to do things that are to their advantage but not to yours. Don't be fooled by their act.

LEO

JULY 23-AUG 23



You may not trust a certain individual but is your suspicion grounded in fact or is it merely a reflection of your prejudices?

AQUARIUS

JAN 21-FEB 18



The cosmic setup is pushing you to do more at work, and that's good, but don't end up exhausting yourself.

VIRGO

AUG 24-SEPT 22



Avoid getting involved in other people's disputes today, especially if you would like to stay friends with both parties.

PISCES

FEB 19-MARCH 20



You don't like to turn people away when they ask for help, but watch out today as others aim to get rich at your expense.

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